

Techniques of the Physical Examination

Objectives

- Discuss methods of examining each body system
 - Compare normal vs. abnormal findings
- Review potential abnormal findings and their potential relevance

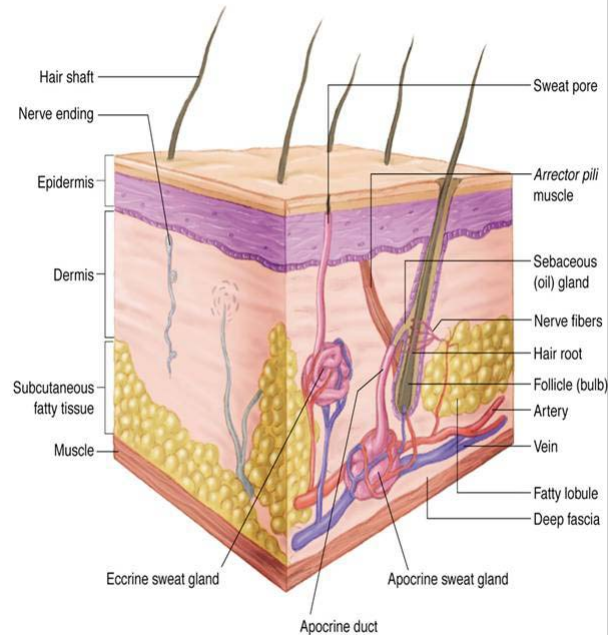
Reminders

- Keys to the Physical Exam
 - Inspection
 - Palpation
 - Auscultation
 - Percussion
- Key Tools in the Physical Exam
 - BP cuff & Stethoscope
 - Senses

Skin & Nails

- General Appearance & Potential Abnormalities
 - Jaundice, Cyanotic, Pale, Pink/Norm
 - Moist, dry, exfoliation
 - Hot, warm, cool, cold
 - Lesions
 - Petechiae, Purpura (blanching?)
 - cellulitis, pressure ulcer, burn, scar

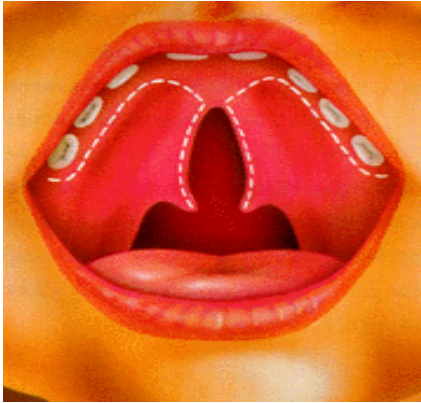
The Skin



HEENT

- Head & Face
 - old scar, size/shape, appearance
- Eyes
 - Pupils
 - Sunken, protruding
 - periorbital ecchymosis or edema
 - visual acuity
- Nose & throat
 - sounds, growths, tonsils
 - Color (white, red, pink)

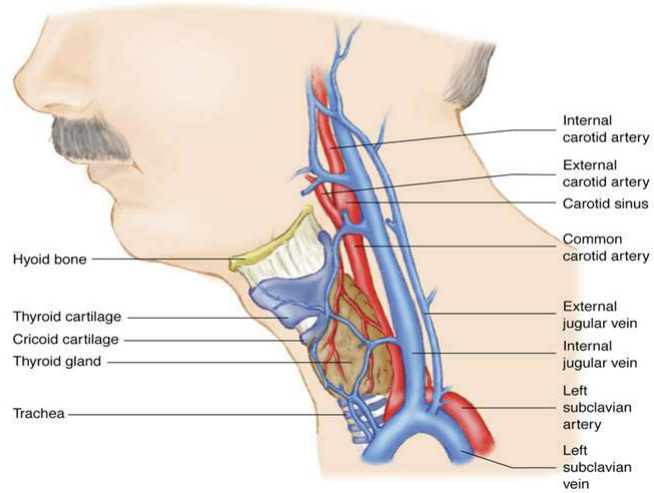
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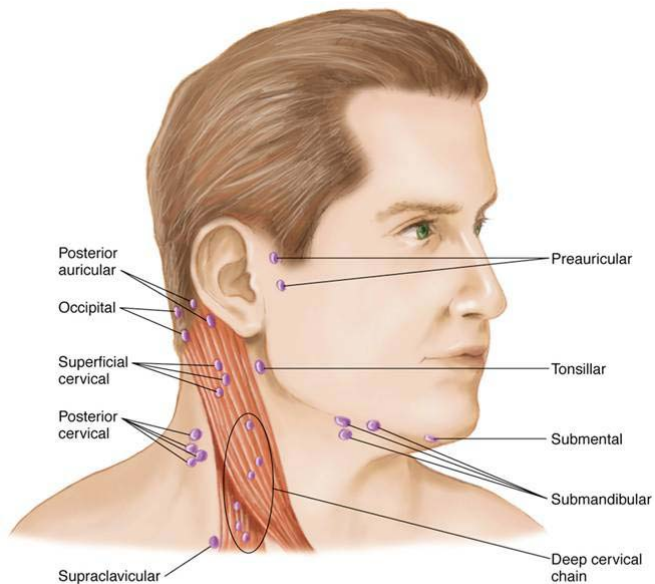
HEENT

- What specific testing or examinations should be done with regard to the HEENT exam?
- What specific abnormalities might you find and why?

Neck



Neck



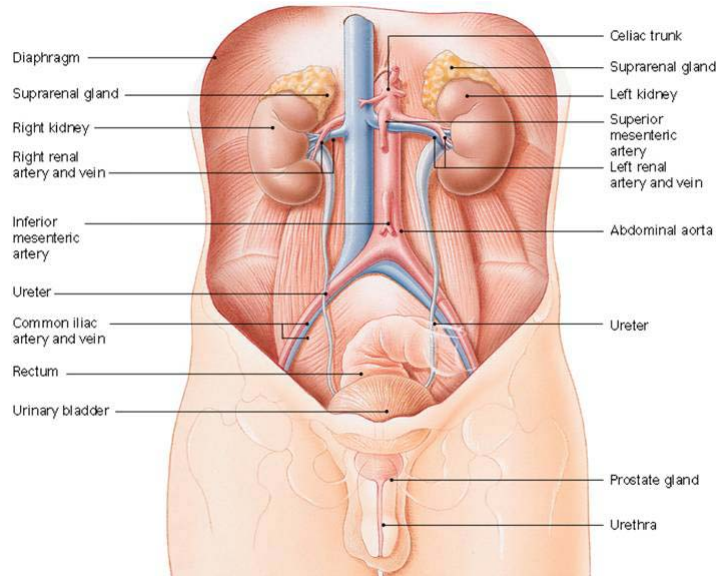
Chest & Respiratory System

- What specific things should you consider evaluating or examining with regard to the chest & respiratory system? (Groups 1 & 2)
- What are some abnormal findings and what might they tell you about the patient? (Group 3)
- *Group Discussions*

Cardiovascular

- What specific questions, tests, examinations, etc should you include when assessing the entire cardiovascular system (include peripheral vascular)? (Groups 2 & 3)
- What might these findings tell you about your patient?
- What are the specific organs and structures involved in the assessment? (Group 1)

Abdominal



Neurologic System Exam

- LOC, Pulse, Motor and Sensory are the basics
- Cranial Nerves
 - Pupillary response to light (III)
 - Ocular movement (III, IV, VI)
 - Clench teeth (V)
 - Show teeth; Raise eyebrows (VII)
 - Open mouth and stick out tongue (XII)
 - Gag Reflex (IX, X)
 - Shrug shoulders (XI)
- Symmetry Pain response Point

Nervous System

- What specific questions, tests, examinations, etc should you include when assessing the entire nervous system (exclude equipment testing such as CT, MRI)? (Groups 1 & 3)
- What might these findings tell you about your patient?
- What organs or structures are you assessing? (Group 2)
- *Group Discussions*

Additional Diagnostics

- Blood glucose level
- Pulse oximetry
- ECG
- Diagnostic (12 Lead) ECG
- Cincinnati Prehospital Stroke Scale
- Future
 - Cardiac Enzymes, Predictive instruments, Abdominal Ultrasound

Summary

- Examine each body system area when performing the comprehensive physical exam
- Consider knowledge of pathophysiologies and apply to the physical exam